Message from the FMIG Advisor

Family Medicine Fever

I just spent the last 4 days at the annual Family Medicine Scientific Assembly offered through the AAFP. I have not attended the conference in many years due to conflicting schedules of children, husband, work and travel, but I left feeling inspired. The sunshine of San Diego probably did not hurt my enthusiasm, but I really feel like it was the people I saw and the overall feeling there that gave me a boost. Family Medicine Physicians are committed to health care change. The conference itself is actually mostly educational about basic topics seen in primary care every day, but there were other topics thrown in as well. Our very own OSU Family Medicine department chair Mary Jo Welker, M.D. spoke about the resources available through AAFP and the work being done to enhance primary care. I also had the good fortune to network and socialize with new and old friends. I actually attended the conference with a great friend from medical school. We graduated about 15 years ago (but who is counting) and it is great to see those friendships you make in medical school can last so long. While strolling down the halls I ran into over 4 different OSU medical school graduates who are either in residency or just completed residency and are living all over the country. It is so fun to see those familiar faces in such a different location. I even ran into one of my faculty members from residency- remember it was a long time ago – he was proud of me and my accomplishments which made me feel like a kid again.

What I hope for all of you is that you will get the Family Medicine Fever. We are approaching primary care week and will be putting on programs that showcase and discuss current issues in primary care. There is a lot changing in our world and a lot of uncertainties in medicine, government and health care spending and allocation of resources. One thing I know is there was an entire convention center full of physicians committed to serving the patients of the future and are ready to be at the front of the health care of the future.

Allison Macerollo, MD
Akron General Family Medicine Externship

During orientation my first day at Akron General Center for Family Medicine the director, Dr. Plate, had us write out three goals we hoped to achieve throughout the externship. Four weeks later when we reviewed these goals, without even realizing it, I had thoroughly achieved each one. The program was extremely organized; I was given a schedule that roughly covered all four weeks with various lectures and presentations and even morning rounds! The best part of the experience, other than further establishing my love for Family Medicine, was that it showed me what it would be like to be a 3rd year clerk.

I spent about 60% of the time working with residents and attending in clinic hours. We saw anywhere from 5-12 patients in a given morning or afternoon, and the amount of individual patient interaction I did varied depending on my comfort level. I would do as little as shadow to as much as patient intake and writing the entire SOAP note myself! Some residents liked to walk through the physical exam with me, others liked to quiz me on my knowledge and teach, and others helped me practice and organize my notes so they would be neat and easy to read.

It would take me much more than a page to go through all the meaningful interactions I had while at Akron General, both with staff and with patients. I was surprised by how much I enjoyed the urban population. I will admit I was not as excited when I found I would be doing urban instead of rural, but I was amazed by how much I enjoyed the atmosphere. Even patients with the same conditions were treated so differently for other reasons. Two patients could come in both with a-fib needing anti-coagulation but one would be on warfarin requiring constant INR checks and another on Xarelto simply because they could afford it.

The program did a good job exposing me to a variety of specialties. I worked in the vascular clinic, with an orthopedic surgeon, in a woman’s health clinic, and in different offices outside the hospital. I saw procedures, worked with a behavioralist, a PharmD and the nursing staff to get well-rounded exposure. I even got to participate in morning rounds by myself and later with the attending. Also I attended Grand Rounds and was on call three nights, just for the experience. During every morning report there was a lecture about something important in the office or the field of medicine. I personally gave two lectures, one on an alternative therapy for prevention of total knee replacements and another on recognizing emergent ocular conditions. I presented one other time with a resident and third year about a patient with G6PD deficiency, which was great biochemistry review. Also we had pharmacology lectures and assignments. They were a little above my head at this point but I used resources so I was able to participate.

I would definitely recommend this to other students, especially with the new curriculum. I was able to participate and knew a lot about what was going on than I think previous years would have. It was a perfect way to sum up everything I had learned this year and apply it so I could more easily remember it. I am so glad I was able to do the externship at Akron General and I feel even more motivated for the up coming school year!

Chelsea Fazekas, Medical Student
### Primary Care Week Schedule 2013

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<thead>
<tr>
<th>Monday 10/7 5 PM</th>
<th>Tuesday 10/8 noon</th>
<th>Wednesday 10/9 noon</th>
<th>Thursday 10/10 noon</th>
<th>Friday 10/11 noon</th>
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<tbody>
<tr>
<td>Primary care in the future-Affordable Care Act and Beyond</td>
<td>Pediatric versus adult primary care and transition from Peds-Adult</td>
<td>Primary Care Residents-Lifestyle, future job ideas and decision for primary care</td>
<td>Alternative Primary Care Delivery Systems</td>
<td>scholarships for primary care; how OSU is working to increase number of primary care doctors</td>
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<tr>
<th>Speaker(s)</th>
<th>Panel Sponsor(s)</th>
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<tr>
<td>Dr. Randy Wexler and Bill Hayes</td>
<td>Panel Sponsor-IM Peds and Peds</td>
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<td>Panel Sponsor-AMSA and Family Medicine</td>
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<td>Panel Sponsor-Integrative Medicine</td>
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<td>Panel Sponsor AMSA</td>
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Primary Care Leadership Program

Survey of Mental Health Needs in a Primary Care Setting

Kelsey Murray
The Ohio State University College of Medicine
Site Placement: Franklin Primary, Mobile, AL

Objective: Complete an assessment of the mental health needs of adult patients in a primary care setting and survey provider’s thoughts on mental health issues

Methods:
1. Adult medicine patients were given a short standardized mental health screen
2. Providers were given a survey about their thoughts on mental health in primary care at Franklin
3. Behavioral health care and provider teamwork and flow at Franklin was observed

Key Findings:
- Patients had a wide variety of mental health issues
- Addressing mental health will improve physical health and well-being and will lower medical costs and complications
- Providers feel like they address mental health concerns but admit they don’t always have enough time or training
- The majority of the physicians expressed feelings of burnout
- Integration of mental health and primary care is feasible

Recommendations:
- All patients be screened for tobacco use, sleep issues, overeating, depression, anxiety, and PTSD
- Address general mental health, mood, motivation, and stress issues in chronic care visits
- Integrate behaviorists into the primary care teams to follow up on screens, address issues, and set goals
- Provide education and support for providers regarding mental health issues and burnout

Alabama y'all
beaches, dolphins, and gators
I ate some seafood

leadership program
community health center
underserved patients

lots of shadowing
on adult medicine team
MD/MHA?

I did a project
primary care mental health interconnected

wrote a long paper
gave a big presentation
totally worth it

left on a jet plane
family medicine conference
really inspired

Kelsey Murray
OSU College of Medicine, class of 2016
FMIG President, 2013-14
GE-NMF Primary Care Leadership Program Scholar, summer 2013
Thank you! Thank you!

FMIG appreciates the financial support of the Columbus family medicine residencies:
  Grant
  Riverside
  Mount Carmel
  Ohio State University

FMIG also appreciates the continued financial support of the Central Ohio Academy of Family Physicians.

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